

Gratitude: An Easy Step toward Resilience

Tips for Clinicians, from Clinicians

Our intense work and busy lives are stressful, and it can be hard to find time to take care of ourselves and actively manage stress. Additionally, opportunities for gratitude – often noted as an active ingredient of the resilient person – slip past us because they don't require action or response. This makes those moments of satisfaction and joy easy to forget. Here are some easy tips clinicians find useful to remember gratitude and manage stress in general. **Thanks** to the clinicians who shared their tips!

- **Keep a gratitude notebook on your desk.** Every time something good happens – a patient accomplishment, good feedback about your work, etc. – write a note. Read it whenever you're having a tough day or need a boost.
- **Keep a "Smile File" on your computer** to save emails and other messages about good work you've done or exciting client/patient progress.
- **Follow TanksGoodNews on Facebook and Instagram** for uplifting news stories.
- **Try using The Five Minute Journal.** Suggested by a non-journal user who found it helpful in increasing daily gratitude. Based in positive psychology, it encourages you to "focus on the good in your life, become more mindful, and live with intention."
- **Introduce gratitude as a topic for client or patient support groups.** Encourage your group to talk about things they are grateful for about their condition or situation (the subject of the support group). It may help shift perspectives about challenges.
- **Set a gratitude alarm.** For example, one clinician set an alarm every day for 8:07, reminding her to stop and take a moment to feel thankful. When possible, encourage the people around you at that moment to think of something too!
- **Handwrite your goals or daily schedule.** It can give you a better sense of your day, opportunities to manage work, and feel greater control over your work, instead of always responding to external requests and demands.

We want to hear from you!

Send your gratitude and resilience tips to udarolab@gmail.com

